

Tennis Elbow Release

Physiotherapy Protocol

This procedure is used for patients with chronic, recalcitrant lateral elbow pain if conservative management has failed. It is carried out arthroscopically as a day case.

Aims of Physiotherapy

- To regain full ROM in the upper limb, especially at the elbow and forearm
- To improve strength in the upper limb, especially around the elbow, wrist and fingers
- Scar management if necessary

Post operatively

- The patient is advised to mobilise the elbow as pain allows
- They are advised to not to grip heavy items until pain subsides

3 months post surgery

- If doing well, the patient will be discharged from clinic to their GP
- If the patient is struggling with pain, reduced ROM or function, they can be discharged to the care of the physiotherapists

Return to functional activities/sport

- *Driving* after 2 weeks or when safe
- *Lifting* as able
- *Swimming* breast stroke at 2 - 3 weeks, freestyle when able
- *Return to work* light work (no lifting) – as able. Heavy work from 2 months
- *Golf* 2 weeks (but not driving range)
- *Racket sports* sport specific training when comfortable
- *Competitive play* when able

Consultant Clinic Follow-up at 3 weeks post-op